



the
RealLife
Way
Step V





Step 5: A World Beyond Borders

Being the Change You Wish to See in the World

INTRODUCTION

Aww yeah, RealLifers, citizens of the world. Welcome to the RealLife Global Movement, where our mission is to inspire, empower, and connect the world through English.

We believe English should be a fun and enriching part of your life that you can practice and enjoy, whenever and wherever you want? Are you tired of boring that suck the life out of your learning? Are you ready to step up your game and become a kickass English speaker?

Well, we're to guide and inspire you on your journey to true lifelong fluency. It's time to stop just learning English, and start living it.

REAL LIFE STUDENTS (All Together): Aww yeah

ETHAN: Aww yeah. Ladies and gentlemen, boys and girls, global citizens from every corner of the planet, this is Ethan from RealLife English, where we believe that listening to podcasts is a fun, natural, effective or even **globally inspiring** way to learn English. So, download this podcast and listen to us while you're stuck in traffic, riding the bus, doing some jazz hands, or **stepping outside of your comfort zone**.

Aww yeah, I'm joined here in the Cross Continental Studio, as always, by the man who doesn't cheat death, but wins fair and square, Justin Murray.

JUSTIN: Aww yeah. Great to be here, and why don't you go through some of the vocabulary terms that you used in that intro?

ETHAN: Pretty chock full of vocabulary. So, I believe I said making jazz hands, which is kind of hard without actually showing you. But it's kind of like you wave your hands back and forth, which sometimes I believe is done in like jazz dancing, which is where I gets its name from. Obviously, based on a fact about your life, that you don't cheat death, you win fair and square, do you want to explain those two terms? Cheating death and winning fair and square.

JUSTIN: Well, cheat- to dupe.

ETHAN: It's even harder. Cheat is like what people do on their tests when they didn't study before. They copy off of someone else, or they write notes on their arm.

JUSTIN: So like to deceive, right?

ETHAN: Yeah, in this case it's kind of like if you cheat death, it's like you narrowly escape it. You're kind of like in a situation where you could have died, but you escape it. So, Justin doesn't cheat death, he wins fair and square. So, what does that mean?

JUSTIN: To win fair and square, you just say fair and square is like another collocation with fair, something that is fair and square means like it's very firmly fair. It's something that's not unjust.

ETHAN: Yeah, exactly. So, it's basically the joke is you don't have to cheat death, you're able to just beat death at its own game, I suppose.

JUSTIN: Aww yeah. Just moving into today's podcast, so we have a really big excellent topic that we've been waiting a long time to cover: Step 5 of the RealLife Way. It is to be the change you wish to see in the world. So, today we're going to talk about a lot of really crazy, awesome, mind blowing ideas.

But first, let's just review what we've covered so far. The three promises of the RealLife Way, so like we always say, we will inspire you to awaken the determination that you need to realize your true potential not just as an English learner, but as a human being. We will empower you to build the strategies, skills, and courage you need to step outside classroom, into the real world. And not just learn English, but to live it.

And we will connect you to a world beyond borders, that global consciousness and community and a realization of the fact that no matter what divides us, that which unites us is far greater. The final step of that, to be the change you wish to see in the world. So, to start off, let's roll into the quote, or actually, we have two quotes today. Ethan, why don't you share the first one?

ETHAN: I believe you already shared the first one "be the change you wish to see in the world", which is from the great Gandhi.

JUSTIN: So the title of this is actually, yeah, it's a Gandhi quote. So, what does that mean? "Be the change you wish to see in the world"?

ETHAN: It basically means don't just like look at bad things happening in the world and complain about them. But actually do something, even if it's something really small.

JUSTIN: I think it's kind of like embodying your truth, too, right?

ETHAN: Exactly.

JUSTIN: So what does embody mean?

ETHAN: Embody means to really represent that thing. So, if you see that there's a problem, then you know really you're going to embody the solution, you're going to inspire others to help to solve that problem by doing it yourself.

JUSTIN: Yeah and I would add, there's some people who really maybe they don't have the best perspective on the world. And they are the change they wish to see in the world, but it's really a bad change, right? So, I would say one of the most important things is to really first get to the point where you've really worked on yourself, to have that perspective where it can make an impact on the world.

ETHAN: Most definitely. That's pretty crucial. I could just share an idea real quick which comes from the book called "The Seven Habits of Highly Effective People" which is a book that I think anyone who is interested in being successful should probably read. But it's that you need to start before you make any sort of change, like in a team, or meeting with other people, or even beyond that to make an impact on the world.

First you have to really master yourself, so it's kind of like we've gone through the RealLife is all about this. About first changing your mindset, and you know, learning to make it a fun part of your life, and doing all these different things that are helping to make you the best at what you do, at learning English.

So that you can actually have this- use the language to have this higher impact, which maybe not everyone is going to get to that level. But I know a lot of people that's kind of the end goal with their language, it's being able to use it to be the change that they want to see in the world.

JUSTIN: Yeah, absolutely and it is a lifelong process- so, moving into the next quote, really quickly.

This is from actually the movie, it's a trailer for a movie, from the Overview Effect. A quote from Fred Hoyle, I believe he was maybe an astronomer in 1948. He says, "once a photograph of the Earth taken from the outside is available, a new idea as powerful as any in history will be let loose." So, what does let loose mean, Ethan?

ETHAN: Let loose means to set free, to give something freedom. If you're saying it with an idea, it means that's kind of like generally you would think that the idea is really powerful and all of sudden it's just spread to all these people, which makes them want to make some big change in the world.

JUSTIN: So this quote actually represents the consciousness of really that global perspective that we're going to talk about today. We're going to talk about global citizenship, English as the global language, and really some much bigger ideas, as well.

ETHAN: And I would say just for those of you listening, if you've gone through all of the steps and you've made it here like big congratulations. Give yourself a pat on the back, because it's a lot of really big ideas. And if you're actually taking these ideas and putting them into practice, using them to improve your own English in your life, then you really are kicking ass with your English.

JUSTIN: Aww yeah. So, we want to share a quick shout out from somebody who really is kicking ass and inspiring a lot of people in the Fluency Circle. Tiago, so he sent this recording the other day, in which he pretty much just gave us feedback about, I believe, it was the second step of the RealLife Way, don't just learn it, live it.

And he just talked about his learning and how it's impacting him. So we just wanted to share that recording really quickly, and give a big Aww yeah to Tiago.

Tiago's Recording

Hey everybody, what's going on? Tiago here, again. And today I'm here to say something about the last RealLife podcast, you know? Well, I have to say that I'm really impressed by this lesson. One, because it represents everything that I truly believe about learning a second language, you know?

Because for me, it's more than just to use traditional materials, traditional methods and so on. It's related to basically make it part of your life, and I'm really happy because you guys encourage us to use other resources, combined with yours. It's amazing!

And I have to say that nowadays I can see the results. And as I said before, this is a brand new way to teach English, you know? It's really amazing, guys. Keep it up with this outstanding work.

End of Audio Clip

JUSTIN: Aww yeah. That was awesome, thank you so much, Tiago. You inspire us, and it's really great to have you around as a model and to interact with you and learn together, and really create this.

ETHAN: So, without further ado, shall we jump into the main topic?

JUSTIN: Let's do it. Our big mission, our big vision is to create a world beyond borders. So, breaking that down a little bit, we say as a promise, we say to create a global community and

global consciousness that realizes that what unites is far greater than what divides us. First of all, Ethan, when we talk about a world beyond borders, does that mean? Like, we don't care about borders? Or what does that mean?

ETHAN: Well, I think that you can look at borders as both physical, obviously, there's physical borders. Sometimes, there's an actual wall, or something that's blocking. But there's also kind of metaphysical or intangible borders. These are things that you can actually affect within yourself and with other people, that are things like prejudice or stereotyping.

The background that your culture, or your upbringing has given you, that makes you think about another culture or another people in a certain way. So, it's kind of your choice whether or not you want to limit yourself with those borders. Even though maybe the physical borders you don't really have a choice of like what you can do to get around those.

JUSTIN: Yeah, so you kind of have the physical, the cultural and the linguistic. And English is a sort of way to transcend that. But in some sense when you transcend those borders, you're not leaving them behind, obviously. Just the same thing with your culture, when you become an English speaker and you see that world from that different perspective it doesn't mean that you don't continue to represent the culture that you come from, or the language that you come from.

It just means that you sort of transcend and include it. And you're going to have a different perspective of your own culture once you learn English as well. Because you sort of step outside of that and are able to see it from a different perspective. So, it's really important to just recognize that not a world without borders, it's a world beyond borders. And same thing with your culture and the language, as well.

The second part of it, something that we've talked about before, is the big aha! Moment. Is a global community and global consciousness which realizes that what unites us is far greater than what divides us. Would you care to explain that, Ethan?

ETHAN: So, I think most English learners will actually get this at some point, sooner or later, if they're actually putting their English to use. Speaking with other people, particularly people that come from a lot of different backgrounds. And this is kind of the aha! moment that you come from a certain culture that believes a certain thing. It has a certain world view.

Some cultures this can be really strong, also, just based on maybe things like your religion, things like the politics in your country. So, all sorts of variety of things like this, that form how you see the world. And when you learn English and you actually use it to connect with people from around the world, all of sudden you're given this key, that allows you to start to see that when it comes down to it, all of us are people.

We're all people, and what we have in common, as people: the wants, the desires, the wishes, the fears, they're all the same. And everything else that I mentioned at the beginning, like the culture, the religion, the politics is just like a very thin layer on top of that human consciousness.

JUSTIN: Yeah, that's beautiful, Ethan. I like the way you put it. So, yeah, it's a question of really coming to the point where you see the commonalities with everybody rather than seeing the differences. And being able to respect those differences, and that makes you just a much more whole and more ample person.

And so this is really important when we talk about the world beyond borders, that global community and global consciousness that unites us. And we realize that what we have in common is far greater than what divides us. Moving on from there, a really concrete aspect of what we're talking about is sort of a more rational, more logical concrete bridge, so the bigger idea is English as the global language.

So, a lot of people know when they're learning English you're always told that like, yes, the *lingua franca*, right? You have 1 to 1.5 billion non native English speakers and learners in the world. Some people estimate that there are 2 billion English speakers in the world. So, if you think about it, that's about a third of the global population.

And you have to think about this on three levels. And there's this really useful concept talking about the three concentric circles of English, and he talks about you have pretty much a circle, like in the middle, you have the native speakers. So, that's composed of 375 million, which countries are those, Ethan?

ETHAN: Well, I think that there's probably more than what are actually mentioned here, but that's like the UK, the USA, and Australia.

JUSTIN: Yeah, the United States alone I think has like 320 million native English speakers, right?

ETHAN: Something like that.

JUSTIN: Yeah, so those are the native speakers at the center, at the core of the circle. But moving out you have English as a second language, countries that actually speak English as the unifying language there, right? Which countries are those?

ETHAN: That's places like India, Jamaica and the Philippines.

JUSTIN: Okay, and on the outside you have people speaking English as a foreign language, people who are learning English. And this is pretty much like the rest of the world. Right? So, which countries? Give me a few examples.

ETHAN: I think that's like pretty much everywhere in Europe, Japan, Brazil.

JUSTIN: Yeah. So, really thinking about English as this global language that unifies people and there's always been like a *lingua franca* in the world, like 1,000 years ago it was Latin.

ETHAN: Do you know what *lingua franca* means in Latin?

JUSTIN: What does it mean?

ETHAN: It comes from like French language, because French used to be the *lingua franca*.

JUSTIN: Okay, that's interesting. And how did it come to the point with English?

ETHAN: It's just how history worked out. The way that the UK colonized the world. It just was able to spread its language and its culture to such a large part and then the United States grew to power, which spread it even more. So it just became like the main language that was used in academics, in science, it's basically through anything that people interact through cross-culturally. They started using English for this language.

Something I would actually mention here first is that we're not trying to say English is in any way superior to other languages. It comes down to the numbers, that more people speak this as a first and second language than any other language in the world. So, that doesn't mean that English is better or anything, or that you have to learn about American or British culture. But it is what you're going to find immensely useful if you're trying to travel or you're trying to connect with people from other countries.

And then, that said, it's also interesting just to look at in the future, is Chinese going to take over?

Is Spanish going to take over? Are we going to have some new *lingua franca* in 10, 20, 50, 100 years? And also, like this guy that Justin was mentioning, which we will post a video from him in the show notes, talking about will English be the global language forever?

Basically says that it's pretty probable because if you look at a language like Chinese, that has a lot of native speakers, they're all learning English, they're not really trying to spread their language, and the same goes for Spanish, that most Spanish speakers are learning English. So, it is to your use to learn English, if you're wanting to participate on a global scale.

JUSTIN: Yeah, definitely. And I would argue as well that we're at a different point in history, too. That with technology, the way it's happening, I mean, who knows what tools are going to be available in the next 20, 30, 50 years. I mean to the point where you might have mechanisms that actually translate for people, right?

ETHAN: BabbleFish. But I would say, given this kind of idea, 'cause I have heard it a lot, but I think it's going to take a long time before the technology can actually catch up to what it means when you actually speak the other language. There's a Nelson Mandela quote, which I think represents this perfectly. It says, maybe I'm not getting this exactly right, but "When you speak to a man in a language he understands, that goes to his head. When you speak to him in his language, that goes to his heart."

So, even though we're talking about using English as a *lingua franca*, there is a certain reality that when you communicate with someone, like in an effort to speak to them in their language, or in a language that they know pretty well, then you're able to kind of to speak through the culture and everything, which I think you miss out on if you just have like a translator in your head. I think that would cause a lot of cross-cultural communication issues.

JUSTIN: Yeah, this is actually, as a lot of you guys know, we're building a social English learning platform that connects people from all around the world. And we've talked with a lot of investors, and a lot of people in business. And a lot of people ask the question "Well, what happens when we have these translating devices in people's ears?" Or, "What happens when Chinese is the global language?"

So, the first question, translating devices, it's kind of like, well, if you had a translating device in your ear, nobody likes to watch TV with dubbed TV, right? Nobody likes to watch that, 'cause you're not really connecting to the culture, or really understanding the language from its point of reference or those people from truly what they're saying.

ETHAN: Yeah, you miss out on certain things, like the jokes, or certain cultural background things you only get by really making the effort to understand that person, through speaking the language.

JUSTIN: Yeah, and the second thing is like well, what if Chinese becomes the major language? And I'd say well, you know, RealLife English would become RealLife Chinese, because we're about creating a world beyond borders. And if Chinese is the vehicle for that, then so be it, let's do it.

ETHAN: Yeah. My opinion on this as well, just to maybe close up on this topic, is I've learned languages that are not maybe the most useful on a global scale, like I'm learning Catalan right now. I live in Barcelona, and this is actually the first language, Catalan and then Spanish. And I've also learned Hebrew, which is also like only spoken really in one country.

And a lot of people ask me, like, "Why don't you learn a more useful language like Chinese?" And my answer for that is for me, it's Catalan, even though it's a very small language, it's a lot more useful. Because this is the culture that I choose to live in, and right now I don't have an interest in learning Chinese.

So, I think it's the same thing, is you have to use the language as like a vehicle for your goals or for your passions. And I think for most people, Justin and I are very fortunate that we already speak English. But for most people English as a vehicle does allow you to access any cultural information that you want.

JUSTIN: Including other languages. So, in some sense to access the best resources to learn French or German, or whatever other language you're learning, you probably need to learn English first, because you're going to get access to much better resources.

ETHAN: Yeah. Or even just like trying to get a teacher online, a lot of times they might only speak English as a second language. And that becomes the *lingua franca* that's easier to teach the other language.

JUSTIN: This is one of the big reasons why we really believe, I think there's this myth out there that you need to speak with a native speaker, you need to learn with a native speaker. And really, this idea of global English is something people don't appreciate enough. Because English is the global language, and there's five, six times as many non native speakers and learners out there in the world.

That you can communicate with, that you need to communicate with. And this is where everything is happening in the world of business, in the world of travel, when you meet people and form those relationships, you're speaking English a lot of times, most of the time as a second language.

ETHAN: Definitely. And I think the whole idea of wanting to have a native speaking teacher, or needing to have native speaking friends, there is definitely value in that. I would say that the English language, as you can probably tell from a lot of these ideas that we're talking about. The English language no longer exclusively belongs to Americans or Brits. It's become a *lingua franca*, it's kind of transcended and also included where it originally came from.

Because there are these different types of English, you could even say like, if you're a Brazilian learning English, certain aspects of your culture are going to leak into the English that you speak. So, it's kind of like you speak Brazilian-English. And I think this will be the future of the language. But the point I wanted to make here is that you don't just need to learn with natives.

Even with a teacher, there's a lot of value in having a teacher who speaks your native language, because they have gone through the same process that you're going through. So, for example, if you're from Japan, I have no idea what it's like as a Japanese person learning English. But a Japanese English teacher would know exactly everything that you're going through.

Now, on the other hand, having a native English teacher could be very useful if you're wanting to learn things like obviously the culture. But also just things like slang, like needing to ask them questions about when is the best case to use this certain expression, or this certain word, because a lot of it comes out of just a feeling for the language. So, I think just recognizing and valuing where both of those have their strengths and their weaknesses.

JUSTIN: We are going to be launching in a few months a social English speaking platform that will give you the opportunity to connect with people from all around the world, for free. It's going to blow your mind. We're done this in the past, this is actually a new and improved version of it. We're excited for that.

ETHAN: Really excited. We actually just got to do some initial tests on it with some people, and it's already just giving us a sneak peek into what that experience is going to be like. So, keep an eye out for that, I'm sure we will be talking about it a lot more on the podcast.

That said, we've been talking a lot about these ideas. But maybe we can let someone else to just share some higher level ideas about this, what do you think?

JUSTIN: Yeah, so one of the things I think when you're learning about global citizenship and this idea of global English. It's great, it's very abstract. And I think it's important to really blow your mind open, to really set this on the cosmic stage. What does stage mean, Ethan?

ETHAN: A stage is like if you go for example to a theatrical play, it takes place on a stage and then you're sitting in the audience, looking towards the stage.

JUSTIN: Exactly. Ultimately the Earth is a very small stage, in a vast cosmic arena. Imagine the Earth as a small blue dot from space.

ETHAN: Yeah.

JUSTIN: What does dot mean, Ethan?

ETHAN: A dot is like for example if you imagine you take a pen and you just touch it down on a piece of paper, you will have left a dot.

JUSTIN: So, we're going to show you, actually, we're going to let you listen to a clip from a really awesome video called "The Pale Blue Dot". It's going to blow your mind open and really put you in that cosmic mindset of how small the Earth is. Maybe how insignificant it is. Maybe how big the universe is. It's just really going to short circuit your rational thinking and really awaken your wonder.

ETHAN: And what do you mean by short circuit?

JUSTIN: Short circuit means to kind of deactivate your rational thinking. Because you really need your heart space to open up, to really be open to the idea of global citizenship. And this cosmic perspective is really the best place to start, really opening your mind, expanding your mind as much as you can. And this is exactly what this clip does. So, we're just going to go through some quick vocabulary, before we share the audio or the video with you.

ETHAN: So, the first thing I see that could be a little bit tricky is **vantage point**.

JUSTIN: So vantage point is the perspective, the place from which you're looking, right?

ETHAN: Yeah, so if you're on top of a mountain, looking down at a valley, your vantage point is from the mountain. And we already mentioned dot. So, what's an **aggregate**? An aggregate is a group, a grouping of something, or it's kind of like everything in a group together.

JUSTIN: Okay, **hunter and forager**?

ETHAN: This is kind of like basically before there was agriculture, we had hunter and foragers, or it's often also called hunter and gatherers.

JUSTIN: Okay, **coward**?

ETHAN: Is someone who is not brave. Being the opposite of brave.

JUSTIN: **Peasant**?

ETHAN: Peasant it's generally someone who's very poor I believe who works in agriculture.

JUSTIN: Okay, **saint and sinner?**

ETHAN: A saint is someone who basically is very godly, so they have done some things that are very honored by people because it took a lot of selflessness. A sinner is pretty much the opposite. It's someone who does a lot of bad things, commits a lot of sins.

JUSTIN: Okay, **mote of dust?** So, mote isn't a common word, but it's a tiny piece of a substance. I had to look that word up, actually. **Sunbeam?**

ETHAN: A sunbeam is light from the sun, it's like a string of light from the sun.

JUSTIN: Okay, and what about **eager?**

ETHAN: Eager is another way to say excited or looking forward to something.

JUSTIN: Okay. And then just two more words before we share it, actually. So, **posturing?** What is a posturing?

ETHAN: So, I think the best way to think of this is your posture is when you stand, it's kind of how straight your back is, or how well curved your back is. And so like you could think of it very similar as how you carry yourself, how you hold yourself in the world.

JUSTIN: And **pale?** This is actually the name of the video, is "Pale Blue Dot". Right?

ETHAN: So pale, it's the opposite of bright. So, if you say a pale blue dot, it's like a blue dot that is not very well defined.

JUSTIN: Okay. And there's a lot more vocabulary in here that we're going to define in a PDF lesson that you can download on the show notes to this page. So, just go to reallifeglobal.com/bethechange all one word. And we will give you access to a download of this and another video we're going to share later.

Let's play the clip.

Pale Blue Dot (Carl Sagan)

From this distant vantage point, the Earth might not seem of any particular interest. But for us, it's different. Consider again that dot. That's here. That's home. That's us. On it, everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of joy and suffering. Thousands of confident religions, ideologies and economic doctrines. Every hunter and forager.

Every hero and coward, every creator and destroyer of civilization. Every king, peasant, every young couple in love. Every mother and father, hopeful child. Inventor and explorer. Every teacher of morals, every corrupt politician, every super star, every supreme leader. Every saint and sinner in the history of our species lived there. On the mote of dust, suspended in a sunbeam.

The Earth is a very small stage, in a vast cosmic arena. Think of the rivers of blood, spilled by all those generals and emperors, so that in glory and triumph they could become the momentary masters of a fraction of a dot. Think of the endless cruelties visited by the inhabitants of one corner of this pixel, on the scarcely indistinguishable inhabitants of some other corner. How frequent their misunderstandings, how eager they are to kill one another. How fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe are challenged by this point of pale light. Our planet is a lonely speck in the great

enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves. The Earth is the only world known, so far, to harbor life.

There is nowhere else, at least in the near future, to which our species could migrate. Visit? Yes. Settle? Not yet. Like it or not, for the moment the Earth is where we make our stand. It has been said that astronomy is a humbling and character building experience.

There is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another. And to preserve and cherish the pale blue dot, the only home we've ever known.

End of Audio Clip

ETHAN: Awesome. So I think that that video is very humbling, it is for me, every time I listen to it. That's one of the reasons that, when I was in college I got to study astronomy. And I think it's really especially from the point of view of learning languages and global citizenship when you think about how big the universe is, and how insignificant we are, it makes you really grateful for everything we have. And it kind of puts into perspective your problems.

JUSTIN: So, this is the optimal space from which to really start to consider how learning English can make you a global citizen, as we talked about before. This world beyond borders, beyond the physical, cultural and linguistic borders, is a really great place to have that aha! moment. Where you realize that what unites us is far greater than what separates us. And from this new perspective, this paradigm shift, this new level of consciousness seeing the world differently.

This is a great place for you to approach life from a different perspective as well. To realize your own potential, and so this new level of information, it's like learning English, really. It does give you access to a completely new level of information, of culture, of relationships and opportunities. So, in some sense this is like you don't realize this when you're starting to learn, because a lot of people start to learn because it's an expectation. Maybe it's an external expectation from maybe their job, or people around them, or just they kind of believe it's important.

But once they reach that point, then this ends up becoming the most valuable thing that they can possibly acquire in the process, because they become a different person. In some sense, this can be shown to people from the very beginning. Even beginners, you can start to develop this perspective, this consciousness, from the very beginning and have that paradigm shift. What does paradigm shift mean, Ethan?

ETHAN: It's a change in your worldview.

JUSTIN: So, this will guide you to being the change you wish to see in the world. To looking at the world from that global perspective, and taking different routes in your life. And maybe internationalizing your life and kind of developing those global citizen values.

ETHAN: I think it's interesting looking at it coming from the perspective of an American. It's not us saying that English is the global language. I think that that doesn't give an excuse that Americans or Brits, or whatever, should not also learn other languages, because when you, kind of like the Mandela quote I mentioned earlier, when you're able to learn another language it really helps to get you that window into another culture.

JUSTIN: Yeah. Awesome. So, one of the things that really helped me see this a few years ago, when we writing a lot about this whole idea of not just learning English, living it. Trying to teach English in a way that was new and dynamic, I watched this video called "The Overview Effect." What does overview mean, Ethan?

ETHAN: Overview means getting a complete view of something.

JUSTIN: Yeah, so this Overview Effect is a video about how astronauts, when we first went to space in, I think 1969, we had this idea we're going to the moon. This is something we've talked a lot about in past podcasts. But just to review that, here, we had this vision of going to the moon. We spent just eight years really focusing, spending billions of dollars to go to the moon.

And as we went up towards the moon, the astronauts turned and looked back and they saw the Earth for the first time, from the outside. Just like that quote we talked about, beginning of this podcast. "Once a photograph of the Earth, taken from the outside is available a new idea as powerful as any in history will be let loose" by Fred Hoyle. This is exactly what happened. This astronaut saw the Earth, hanging there in the distance, in the space.

And it changed everything. And in some sense, learning English is the same thing. You step outside of your perspective on the world, and you can see the world without borders.

ETHAN: Most definitely. And I think just the whole idea of a world without borders is thinking about those physical borders they don't really exist like, when you look at the world from space. So, it's just more reason that all of us need to work together. And they kind of talk about this in this video, which we'll put in the show notes, as Justin said.

So, definitely go check that out, it's going to be a huge paradigm shift for the way that you think about what is your role here on this Earth. And how should you interact with people that are different than you, that come from different backgrounds.

JUSTIN: But to really help illuminate this idea of global citizenship we're going to share another clip here, it's about the first minute of a video called "The Big Picture". This guy Jason Silva, who is kind of like a philosopher, a poet, he has a really great YouTube channel, and he defines this really well in this video.

And we're going to share the audio here. But first let's go through just a couple of vocabulary items that are going to help you understand this. So, what does **anecdote** mean, Ethan?

ETHAN: An anecdote is like a story.

JUSTIN: Okay. And we talked about a **shift**, a shift is like a change, right? Paradigm shift, a shift in our consciousness. Okay? And what does **the big picture** mean, exactly?

ETHAN: So the big picture is like the whole idea of something. The bigger idea of something.

JUSTIN: Okay. And to **upgrade**?

ETHAN: To upgrade means to increase the power or ability of something. So, a lot of times you upgrade technology, you upgrade your phone.

JUSTIN: Okay, and **boundary shattering**?

ETHAN: Boundary shattering. Boundary is another way to say border. And shatter is like, for example, if you throw glass on the ground, it will shatter. So it's to break into many pieces.

JUSTIN: Okay, and there's a part in the video where he says "**Shake off our petty differences**".

ETHAN: So, you're almost thinking of like, if you have something on you like dust or water, you need to shake your body to get it off you. That's this phrasal verb is to shake off. But we also use it sometimes for figurative things, like he is here. And petty differences is petty means like small, so if

you're saying petty differences it's the very thing we've been talking about in this podcast. Things that, small things, like religion, or culture, or other things that are just details above everything that unites us as being human beings.

JUSTIN: Okay. So, he says “shake off our petty differences”. So, when he says, “**Echo**” right? To echo an idea, what does this mean?

ETHAN: So echo is like if you're in a canyon, for example, and you yell, you're going to hear it repeat, and repeat and repeat, as it's bouncing off the canyon walls. So, it's basically that you're repeating an idea over and over again.

JUSTIN: Okay, and at the end he says, “there's only Earth, a single **celestial** body, **teeming** with life. The **womb** in which we **dwell**.”

ETHAN: So that's a very poetic line there. So celestial body is like a planet, or really it's anything that's existing in space. So, a planet, a star, an asteroid, anything like that. When you say teeming here, so it's not to be confused with like a sports team. It means that it's teeming with life, that it's completely full with life.

JUSTIN: It's like overflowing right? It's overflowing.

ETHAN: Exactly. And womb is where your mother carried you. So, it's part of the female anatomy. And dwell is to live. So, basically this whole thing means that we live on this planet that is full of life, and it's kind of like it's our home, it's where we grow and everything, just like a womb is for the first nine months of our lives.

JUSTIN: There's only Earth. A single celestial body, teeming with life, the womb in which we dwell. All right, let's share with them, Jason Silva.

The Big Picture (Jason Silva) – The First Part of the Video

There's a great anecdote, about the very first photograph taken of Earth, from the vantage point of space. The idea was that this photograph occasioned a profound shift in our understanding of ourselves. You see, for the first time in human history we could look back at our planet, in its entirety and see the big picture. This provided an ontological awakening, it changed our story, our narrative. It upgraded our self image. It expanded our consciousness, new maps for new realities as they say.

Astronauts in orbit call this experience “the overview effect”, a boundary shattering sense of revelation, and global inter-connectiveness, where we shake off our petty difference and emerge with a sense of global responsibility.

Global consciousness. In global citizenship. Carl Sagan's famous “Pale Blue Dot” film echoed the same idea, from the vantage point of space there are no lines dividing nations. No geographical subdivisions, no flags or racial divides, or disputed territory. There is only Earth, a single celestial body, teeming with life, the womb in which we dwell.

End of Audio Clip

ETHAN: Aww yeah. I think that it might have been a little bit hard to understand that. Maybe you need to rewind and listen again. But like Justin said, we're going to be creating a lesson with this. If you go to the show notes at reallifeglobal.com/bethechange, all one word, you'll be able to also download a PDF lesson from this video.

From the Big Picture, as well, we'll share the original video there. And you can also find the one for

"Pale Blue Dot". And Jason Silva, if you liked that, he's definitely a really cool guy to follow. He shares a lot of interesting ideas like this and since he is very passionate, he speaks quite quickly. It's great practice for your listening.

JUSTIN: Aww yeah. So, these ideas are really big, as you know, as you can see. We're still learning to teach them and embody them. And they're completely open source, they're not our ideas. They're ideas that are really fun to interact with, and they're really meaningful for us. So, if you're a teacher spread it, share it, we believe that this is an open source project that you must put inside your classroom and help spread this.

Help people develop their own global consciousness, that's your mission. But closing up for today, how's this useful, Ethan? How is this idea of global citizenship, global consciousness, how do you think it applies to the world today?

ETHAN: Well, like I was saying, if you go and watch that video on "The Overview Effect", they talk a little bit about this. That anyone listening to this podcast will know, there's a lot of really big global issues, especially right now.

They're very important that people start focusing on them, like global warming, like conflict, war, genocide, all these big things that are happening, that we need to work together as Jason Silva said. With our petty differences, we need to get over our petty differences and start working together to solve these big global problems.

JUSTIN: One thing a lot of people don't realize is that the entire world, people are going through stages of development. Societies are going through stages of development. So, ultimately we need to get to the point, like he said in the video, upgrade our software, upgrade our consciousness. So, sometimes it feels very hopeless, like the world's not getting better. But the world is getting better, people are improving, people are developing their consciousness.

Societies are, entire groups of people are. And it can be kind of hopeless, but when you look at big changes and revolutions that have happened in history, a lot of social scientists says that it only demands about 10% of the population to reach this tipping point. What does tipping point mean, Ethan? We've defined this before.

ETHAN: Yeah. I think we've defined it a couple of times. So, it's basically getting to a point where there's an aggregate of people supporting a certain idea, or pushing for a certain change, that it snowballs, so it creates an effect that kind of goes viral throughout the population.

JUSTIN: And it kind of starts transforming the systems, the politics, and everything so the entire society changes and really brings everybody forward. So, this is super-important for all of us to grow, for all of us to promote this, for all of us to really be our best selves. Be the best versions of ourselves. Be the change we wish to see in the world. So, on the final note, how does this really fit into the RealLife Way, Ethan?

ETHAN: Well, I think I mentioned this before, that we're going through this evolution, throughout the steps of this. And it might look linear, but I would also say it's kind of cyclical. Because you're always working on all of these ideas. It's not something like you're going to reach a point one day. It's lifelong learning, just like with the language. But you're starting out, really working on yourself, improving your mindset, the way you see the world.

Learning how to make English a fun part of your life, and surrounding yourself with resources like this, like we've shared today. That also kind of feed into your impact as a global citizen of being the change that you want to see in the world. Of seeing that English is not just a language of the natives, but that it's the global language that we can use to communicate with all of our brothers and sisters of planet Earth.

And stepping outside of our comfort zone, this is, again, comes to kind of growing yourself, being the best that you can be, before you can really participate on a global scale of making big changes and inspiring other people. Is you need to learn how to be a courageous, confident, communicator of how to communicate diplomatically.

Being a really good listener, and being willing to let go of those petty differences. To be willing to sacrifice your pride to be right, over treating people the way that they deserve to be treated. So, all of those really feed into this idea of being a global citizen, of kicking ass with your English, and using it for something that's actually really worthwhile.

JUSTIN: Aww yeah. I'm inspired, I'm inspired, thank you for that, Ethan. I really appreciate everything you just said and everything that we've been doing together this entire podcast series, and along the five steps of the RealLife Way. So, this is our sixth podcast. The first one was an overview of the RealLife Way, and we're going to do one more podcast, that's going to give you more practical steps on how to apply the five steps of the RealLife Way. That'll be next week. Can you give a quick overview of that, Ethan?

ETHAN: We know that every one of these podcasts have just really scratched the surface, meaning that they just basically touched on these very big ideas, and the rest of 2017, or whenever you're listening to this, we're just really all going to work together to make a huge impact on the world.

JUSTIN: Aww yeah.

ETHAN: And, Justin, do you want to share what we are going to play them out with today? The song that we have chosen?

JUSTIN: Yeah, so another member of the Fluency Circle Yasmine, from Morocco, she shared in the Fluency Circle a really awesome song. Called "The Tour of the World", which is basically - really cool video that shows, it starts with just a blank drawing of the planet. And then, throughout the video they go drawing, coloring the planet and it becomes more and more like detailed with really awesome stuff from each country.

And so they actually go through and they really give you a tour of the world, while they color in the planet. Unfortunately, it's like an eight-minute video, really long, so we're going to start with just the first three minutes, which is Africa. But we highly recommend that you [go and check out the video](#), it's really fascinating.

So, thank you, Yasmine for the recommendation for the song. And thank you for listening. And Ethan, thank you for joining me on this journey.

ETHAN: Aww yeah. Thank you, and that said, I think it deserves a big aww yeah.

Awww yeah!

Song: All Around the World (Marble the Brain Store)